

FREE FITNESS CLASS

Qi Gong

Instructor Guoling Zhong from China will conduct a four-session Qigong class on Friday mornings in September. She is going to teach the Eight Brocade, Baduanjin (八段錦), which is beneficial to the health of everyone, especially seniors and those recovering from illness. We encourage participants to attend all four classes.

Place: Santa Clara City Library, Redwood Room

Dates: 9/4, 9/11, 9/18, 9/25/2015

Time: 10:30-11:30 AM

If you have any questions, please Contact the Reference Desk at (408) 615-2900.



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